



# Colonial Heights Public Schools North Lunch Menu



## March 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 French Toast Sticks & Turkey Sausage <b>Corn Dog Nuggets</b> Baked Pretzel & Yogurt <b>Baby Carrots</b>	3 Pork BBQ Sandwich Chicken Tenders Baked Pretzel & Yogurt <b>Collard Greens</b>	4 Grilled Cheese Sandwich <b>Chicken Patty Sandwich</b> Baked Pretzel & Yogurt <b>Baked Beans</b>	5 <b>Cheesy Chicken Alfredo</b> Garlic Toast Cheeseburger Baked Pretzel & Yogurt <b>Green Beans</b>	6 Cheese Pizza Hot Dog Baked Pretzel & Yogurt <b>Cherry Tomatoes</b>
9 Stuffed Cheese Sticks w/ <b>Marinara Sauce</b> Corn Dog Nuggets Baked Pretzel & Yogurt	10 Beef Nachos <b>Black Beans</b> Chicken Tenders Baked Pretzel & Yogurt	11 Salisbury Steak W/ Fresh Baked Roll <b>Mashed Potatoes</b> Chicken Patty Sandwich Baked Pretzel & Yogurt	12 Chicken Nuggets Fresh Baked Roll <b>Steamed Broccoli</b> Cheeseburger Baked Pretzel & Yogurt	13 <b>Valentine's Day Meal</b> <i>Caesar Salad</i> <i>Baked Smithfield Ham</i> <i>Whipped Potatoes</i> <i>Collard Greens</i> <i>Fresh Baked Rolls</i> <i>Strawberry Shortcake</i>
16 Japanese Cherry Blossom Chicken & <b>Asian Rice</b> Corn Dog Nuggets Baked Pretzel & Yogurt <b>Steamed Broccoli</b>	17 Cheesy Chicken Alfredo Garlic Toast Chicken Tenders Baked Pretzel & Yogurt <b>Green Beans</b>	18 French Toast Sticks & Turkey Sausage Chicken Patty Sandwich <b>Baked Pretzel &amp; Yogurt</b>	19 <b>Grilled Cheese Sandwich</b> Cheeseburger Baked Pretzel & Yogurt <b>Baked Beans</b>	20 Cheese Pizza <b>Hot Dog</b> Baked Pretzel & Yogurt Cinnamon Apples
23 Spaghetti & Meaty Marinara <b>Garlic Toast</b> Corn Dog Nuggets Baked Pretzel & Yogurt	24 Salisbury Steak W/ Fresh Baked Roll Chicken Tenders Baked Pretzel & Yogurt <b>Fresh Whole Grain Roll</b>	25 Stuffed Cheese Sticks w/ Marinara Sauce Chicken Patty Sandwich Baked Pretzel & Yogurt <b>Sweet Potato Fries</b>	26 Chicken Nuggets Fresh Baked Roll <b>Cheeseburger</b> Baked Pretzel & Yogurt <b>Steamed Corn</b>	27 <b>Cheese Pizza</b> Hot Dog Baked Pretzel & Yogurt Cinnamon Apples

### Know your Veggies!



#### Dark Green

(Vitamins K&E)

Broccoli

Greens

#### Red/Orange

(Vitamins A&C)

Sweet Potatoes

Carrots

Tomatoes

#### Legumes

(Iron, Zinc)

Spanish Beans

Kidney Beans

Baked Beans

#### Starchy

(Fiber)

Potatoes

Green Peas

Corn

**Green Peppers Have More Vitamin C than an Orange!**

**Green Beans Help Fight Off the Flu and Colds!**

**Whole Grains Give You Energy!**

#### Lunch Prices

\$2.90 Full Price, \$.40 Reduced Price

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**School Lunch App**  
Online Free and Reduced Application